

# Diabetes Triathlon Clinic

## Get your Tri on!

**Feel confident on your 1<sup>st</sup> Tri or  
Take your next Tri up a notch!**

**Tuesday, July 7<sup>th</sup>, 7:00 p.m. at REI Redmond**

Our experienced panel will lead a lively discussion on managing your type 1 or type 2 diabetes for success in triathlons during the training, event day and recovery phases.

- ☀ **Get tips from our experienced panel.**
- ☀ **Gain insight on what to expect during a triathlon.**
- ☀ **Get answers to your questions.**

### Panelists:

- ♦ **David Nestvold**- USA Certified Club Cycling Coach and type 1 athlete
- ♦ **Elaine Thompson**- USA Certified Club Cycling Coach & triathlete
- ♦ **Susannah Iltis**- Danskin mentor, type 1 swimmer & triathlete
- ♦ **Ioana Butoi**- type 1 athlete experienced in diabetes and sports management from the Diabetes Training Camps (DTC)
- ♦ **Robby Arroyo**- type 1 athlete & professional water polo player- experienced water-proof pump user
- ♦ **Sally Hara** (MS, RD, CDE, CSSD)- athlete and Certified Diabetes Educator and Board Certified Specialist in Sports Dietetics
- ♦ **Scott Forrestall**- elite age group triathlete and 7x Ironman competitor

**RSVP Today! Space is Limited.**

For more information and to RSVP contact **Susannah Iltis**: [iltis47@gmail.com](mailto:iltis47@gmail.com)



**JDRFnwRide.org**



REI Redmond Town Center, 7500 166th Ave. N.E.

425-882-1158

This clinic and our panel are not offering a medically approved prescription for triathlon training. Please discuss your training plan with your diabetes medical provider before altering your current training plan.